

Daily Schedule (grid-render-v1)

Date	Task	Duration	Time
Today	Full body strength training (gym session)	90m	07:00 - 08:30
Today	Post-workout recovery & stretching (full body)	30m	08:30 - 09:00
Today	Breakfast & Morning Admin	30m	09:00 - 09:30
Today	Exercise	75m	10:00 - 11:15
Today	Lunch Break	45m	11:15 - 12:00
Today	Exercise	75m	12:00 - 13:15
Today	Review training logs, plan tomorrow's sessions	15m	13:15 - 13:30
Today	Free time / Errands	1h	13:30 - 14:30
Today	Dinner	30m	18:00 - 18:30
Today	Relax / Plan for tomorrow	1h	19:00 - 20:00